



RECREATION DEPARTMENT

The Heart of the Neighborhood



THERAPEUTICS

Volume 4 Issue 17

May / June

2006

Programming for Individuals
with Physical Challenges

Adaptive Programs

Leisure Bowling

Chula Vista Brunswick
Premier Lanes

845 Lazo Ct., Chula Vista

Sundays, June 25 - August 27

3:30 P.M. - 5:30 P.M.



Leisure Bowling is designed for active children, teenagers, and adults with developmental or physical disabilities.

Members:

\$22.00 registration + \$6.00 weekly bowling fees

Resident:

\$25.00 registration + \$6.00 weekly bowling fees

Non-resident:

\$31.00 registration + \$6.00 weekly bowling fees

Weekly bowling fees must be
paid in cash!

Adaptive Fitness

Otay Fitness Center

3554 Main Street

Mondays, Wednesdays
& Fridays

9:30 A.M. - 11:00 A.M.



This morning circuit workout program is designed for teens and adults, ages 16 and over, with physical challenges. Your workout will be with a personal trainer, fun, challenging and include a cardiovascular workout, strength training & toning.

Fee: Resident - \$42.00

Non-resident - \$53.00

Includes fitness center membership.

For staffing purposes, you **must** notify the
Therapeutics office before attending this
program.

(619) 409-5800.

Wheely Sports

Otay Recreation Center

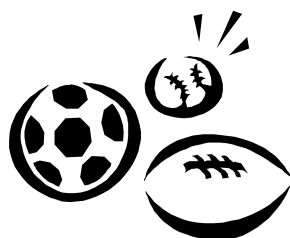
3554 Main St.

Wednesdays:

May 3, 10 & 17

June 7, 14 & 21

4:30 - 6:30 P.M.



Chula Vista Junior Xpress Team is a **free** wheelchair sports program that is designed for the independent, sports minded individual ages 6 – 17 years with permanent physical disabilities. Learn how to play various wheelchair sports. Current Sport:

RUGBY

Hand Cycling

Greg Rogers School

510 E. Naples Street

Tuesdays:

May 2 - 30

3:30 P.M. – 5:30 P.M.

New Session!!

This introductory hand cycle program is designed for first time riders. Conducted on the Greg Rogers School grounds, the program is for children ages 7-12 years with permanent physical disabilities. Participants will learn how to independently ride and operate a hand cycle while increasing their upper body strength and endurance. **Limited to 10 participants.**

Cost: Resident \$15.00

Non-Resident \$18.75

Community Collaboration Programs

13th Annual Camp At The Bay

**Monday - Friday
July 10-14**

10:00 A.M. to 3:00 P.M.

**COST: \$107.50 San Diego City Resident
\$115.00 Non-resident**



Campers, ages 7 to adult, with any disability will experience jet skiing, water skiing, tubing, sailing, kayaking, karate, crafts, handcycling, and more. Participants requiring extra assistance are requested to bring an attendant. Camp meets at North Crown Point Shores. Paperwork/fees are due by Friday, June 9.

For more information, call (619) 525-8247,
or (619) 525-8249 TDD

Camp Wet And Wild

Monday - Friday

July 24-28

9:00 A.M. to 3:00 P.M.

**COST: \$107.50 San Diego City Resident
\$115.00 Non-resident**



Campers, ages 8 to adult, with any disability, siblings and friends will enjoy all the usual activities, plus field trips, crafts and special exhibits. Participants requiring extra assistance are requested to bring an attendant. Camp meets at North Crown Point Shores in Mission Bay and Mission Beach. Paperwork/fees are due by Friday, June 23.

For more information, call (619) 525-8247,
or (619) 525-8249 TDD

Junior Wheelchair Sports Camp

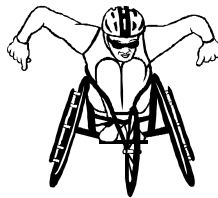
Tuesday - Saturday

August 15 - 19

8:00 A.M. to 3:00 P.M.

**COST: \$107.50 San Diego City Resident
\$115.00 Non-resident**

Additional \$25 for transportation (if needed)



Children and teens, ages 4 to 18, who have a permanent physical disability will participate in a variety of wheelchair sports along with coaches who are fellow wheelchair athletes. Those requiring extra assistance are requested to bring an attendant. Activities will be held at North Crown Point Shores August 15 & 16, and Southwestern College August 17, 18 & 19. For more information, call (619) 525-8247, or (619) 525-8249 TDD

Camp Sunrise Summer Session Camp

Loma Verde Recreation Center

1420 Loma Lane, Chula Vista

9:00 A.M. - 2:00 P.M.



Day camp for children, teens and adults ages 6-adults with developmental disabilities and 6-16 years old with physical disabilities. The camp will include sports & games, arts & crafts, swimming, creative drama, and a field trip.

Registration deadline: August 7

Cost: Resident - \$125.00

Non-resident - \$156.25

Camp is vendorized through San Diego Regional Center. Speak to your child's social worker to utilize Respite Care money to pay for camp.

Community Access Program

The Community Access Program (CAP) is a recreational project designed to provide social/leisure opportunities for individuals who need specialized accommodations in order to participate. CAP partners with the Chula Vista Recreation Department once a month and provides door-to-door wheelchair accessible transportation and one-to-one supervision for selected Therapeutic activities - at no charge. A monthly calendar of CAP events can be viewed at www.cheneweth-foundation.org.

For details call: the CAP office:
(619) 267-7054

Inclusion Philosophy

The City of Chula Vista Recreation Department is dedicated to serving the needs of the community through inclusive programming. Persons with special needs are encouraged to participate in Department programs. 2 week notice required for assistance.

Recreation Supervisor, Carmel Wilson, C.T.R.S.
at (619) 409-5800.

SPECIAL THANK YOU TO THE FOLLOWING:

Von's Grocery

Travis Stratton
505 Telegraph Canyon Rd.
Chula Vista, CA 91911

**NICE GUYS
OF SAN DIEGO, INC.**
P.O. Box 881456
San Diego, CA 92168

Blackie's Trophies & Awards

Mr. Bill Black
263 3rd Ave.
Chula Vista, CA 91910
(619) 585-4830

North Island Credit Union

Mrs. Susan Skillman
45 North Broadway
Chula Vista, CA 91910
(619) 656-7274

Athletes Helping Athletes

Fiona
5549 Copley Drive
San Diego, CA 92111

DPR - Construction, Inc.

Mr. Eric Cusik
6333 Greenwich Dr.,
Suite 170
San Diego, CA 92122
(858) 597-7070

Food-4-Less

Kye Downey
660 Palomar St.
Chula Vista, CA 91911

Pizza Junction

Andy Gorman
226 Broadway
Chula Vista, CA 91910
(619) 585-1000



**CITY OF
CHULA VISTA**

**Recreation Department
Therapeutics Section
3554 Main Street
Chula Vista, CA 91911
Phone: (619) 409-5800
www.chulavistaca.gov/rec**